

# BLOCK 1

# SHOULDER HYPERTROPHY PROGRAM: WEEK 1

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	70-80%	7	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	1	AMRAP	90%	9.5	3.0					AS MANY REPS AS POSSIBLE (AMRAP)   DETERMINE ESTIMATED 1RM	
LEAN-AWAY CABLE LATERAL RAISE	3	12-15		8	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. INCLINE DUMBBELL LATERAL HOLD	2	HOLD		8	0.0					PIN CHEST TO 45 DEGREE INCLINE BENCH, HOLD DUMBBELLS IN THE TOP OF THE LATERAL RAISE FOR 30 SECONDS	
A2. BANDED LATERAL RAISE	2	30		8	1.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
REVERSE PEC DECK	3	15-20		8	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
ROPE UPRIGHT ROW	3	8-10		8	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LOAD HEAVILY, "PULL ROPE APART"	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		8	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		8	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		8	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (MYO-REP)	3			10	1.0					PERFORM 15 REPS TO FAILURE, REST 5 SECONDS, DO ANOTHER 5 REPS, REST 5 SECONDS, DO ANOTHER 5 REPS	
ROPE FACEPULL	3	15-20		9	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE PEC DECK	3	10		9	0.0					PALMS FACE EACH OTHER (NEUTRAL GRIP)	
A2. REVERSE PEC DECK (PULSE)	3	+10		10	1.0					EXTEND SET BY DOING 10 SHORT ROM "PULSES" AT THE TOP END OF THE CONCENTRIC, DROP WEIGHT IF NECESSARY	

WEEKLY FRONT DELT VOLUME = 7, WEEKLY SIDE DELT VOLUME = 16, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 41

TOTAL TRAINING TIME:

# BLOCK 1

# SHOULDER HYPERTROPHY PROGRAM: WEEK 2

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	7	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	4	4	75%	8	3.0					TUCK GLUTES, PRESS UP AND BACK OVERHEAD, USE LIFTING BELT IF POSSIBLE	
LEAN-AWAY CABLE LATERAL RAISE	3	12-15		8	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. INCLINE DUMBBELL LATERAL HOLD	2	HOLD		8	0.0					AIM TO ADD TIME FROM LAST WEEK	
A2. BANDED LATERAL RAISE	2	30		8	1.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
REVERSE PEC DECK	3	15-20		8	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
ROPE UPRIGHT ROW	3	8-10		8	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LOAD HEAVILY, "PULL ROPE APART"	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		8	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		8	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		8	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (MYO-REP)	3			10	1.0					PERFORM 15 REPS TO FAILURE, REST 5 SECONDS, DO ANOTHER 5 REPS, REST 5 SECONDS, DO ANOTHER 5 REPS	
ROPE FACEPULL	3	15-20		9	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE PEC DECK	3	10		9	0.0					PALMS FACE EACH OTHER (NEUTRAL GRIP)	
A2. REVERSE PEC DECK (PULSE)	3	+10		10	1.0					EXTEND SET BY DOING 10 SHORT ROM "PULSES" AT THE TOP END OF THE CONCENTRIC, DROP WEIGHT IF NECESSARY	

WEEKLY FRONT DELT VOLUME = 10, WEEKLY SIDE DELT VOLUME = 16, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 44

TOTAL TRAINING TIME:

# BLOCK 1

# SHOULDER HYPERTROPHY PROGRAM: WEEK 3

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	7	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	4	4	77.5%	8	3.0					TUCK GLUTES, PRESS UP AND BACK OVERHEAD, USE LIFTING BELT IF POSSIBLE	
LEAN-AWAY CABLE LATERAL RAISE	4	12-15		8	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. INCLINE DUMBBELL LATERAL HOLD	2	HOLD		8	0.0					AIM TO ADD TIME FROM LAST WEEK	
A2. BANDED LATERAL RAISE	2	30		8	1.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
REVERSE PEC DECK	3	15-20		8	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
ROPE UPRIGHT ROW	4	8-10		8	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LOAD HEAVILY, "PULL ROPE APART"	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		8	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		8	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		8	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (MYO-REP)	3			10	1.0					PERFORM 15 REPS TO FAILURE, REST 5 SECONDS, DO ANOTHER 5 REPS, REST 5 SECONDS, DO ANOTHER 5 REPS	
ROPE FACEPULL	3	15-20		9	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE PEC DECK	3	10		9	0.0					PALMS FACE EACH OTHER (NEUTRAL GRIP)	
A2. REVERSE PEC DECK (PULSE)	3	+10		10	1.0					EXTEND SET BY DOING 10 SHORT ROM "PULSES" AT THE TOP END OF THE CONCENTRIC, DROP WEIGHT IF NECESSARY	

WEEKLY FRONT DELT VOLUME = 10, WEEKLY SIDE DELT VOLUME = 18, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 46

TOTAL TRAINING TIME:

# SHOULDER HYPERTROPHY PROGRAM: WEEK 4

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	7	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	4	5	77.5%	8	3.0					TUCK GLUTES, PRESS UP AND BACK OVERHEAD, USE LIFTING BELT IF POSSIBLE	
LEAN-AWAY CABLE LATERAL RAISE	4	12-15		8	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. INCLINE DUMBBELL LATERAL HOLD	2	HOLD		8	0.0					AIM TO ADD TIME FROM LAST WEEK	
A2. BANDED LATERAL RAISE	2	30		8	1.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
REVERSE PEC DECK	3	15-20		8	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UPCABLE AT MID-CHEST LEVEL	
ROPE UPRIGHT ROW	4	8-10		8	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LOAD HEAVILY, "PULL ROPE APART"	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		8	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		8	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		8	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (DROP SET)	3			10	1.0					PERFORM 15 REPS TO FAILURE, DROP 5 LBS, DO ANOTHER 5 REPS, DROP 5 LBS, DO ANOTHER 5 REPS	
ROPE FACEPULL	3	15-20		9	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE PEC DECK	3	10		9	0.0					PALMS FACE EACH OTHER (NEUTRAL GRIP)	
A2. REVERSE PEC DECK (PULSE)	3	+10		10	1.0					EXTEND SET BY DOING 10 SHORT ROM "PULSES" AT THE TOP END OF THE CONCENTRIC, DROP WEIGHT IF NECESSARY	

WEEKLY FRONT DELT VOLUME = 10, WEEKLY SIDE DELT VOLUME = 18, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 46

TOTAL TRAINING TIME:



# BLOCK 2 SHOULDER HYPERTROPHY PROGRAM: WEEK 5

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	6	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	4	4	80%	8	3.0					TUCK GLUTES, PRESS UP AND BACK OVERHEAD, USE LIFTING BELT IF POSSIBLE	
LEAN-AWAY CABLE LATERAL RAISE	4	12-15		9	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. BANDED LATERAL RAISE	3	20		10	0.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
A2. BANDED FRONT "Y" RAISE	3	20		10	1.0					REACH FAILURE WITH THE LATERAL RAISE AND THEN DO Y RAISES, BEND KNEES TO DECREASE RESISTANCE AS NEEDED	
REVERSE PEC DECK	3	15-20		9	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
1-ARM DUMBBELL UPRIGHT ROW	3	8-10		9	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, INITIATE MOVEMENT "OUT" LIKE A LATERAL RAISE	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		9	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		9	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		9	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (SLOW ECCENTRIC)	3	10		9	1.0					PERFORM A CONTROLLED, 4 SECOND NEGATIVE ON EACH REP	
ROPE FACEPULL	3	15-20		10	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE CABLE CROSSOVER (HIGH)	3	15		9	0.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES 1 FOOT OVERHEAD	
A2. REVERSE CABLE CROSSOVER (MID)	3	+15		10	1.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES AT SHOULDER LEVEL, DECREASE WEIGHT AS NEEDED	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

WEEKLY FRONT DELT VOLUME = 10, WEEKLY SIDE DELT VOLUME = 19, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 47

# BLOCK 2 SHOULDERS HYPERTROPHY PROGRAM: WEEK 6

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	6	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	4	3	82.5%	8	3.0					TUCK GLUTES, PRESS UP AND BACK OVERHEAD, USE LIFTING BELT IF POSSIBLE	
LEAN-AWAY CABLE LATERAL RAISE	4	12-15		9	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. BANDED LATERAL RAISE	3	20		10	0.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
A2. BANDED FRONT "Y" RAISE	3	20		10	1.0					REACH FAILURE WITH THE LATERAL RAISE AND THEN DO Y RAISES, BEND KNEES TO DECREASE RESISTANCE AS NEEDED	
REVERSE PEC DECK	3	15-20		9	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
1-ARM DUMBBELL UPRIGHT ROW	3	8-10		9	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, INITIATE MOVEMENT "OUT" LIKE A LATERAL RAISE	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		9	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		9	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		9	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (SLOW ECCENTRIC)	3	11		9	1.0					PERFORM A CONTROLLED, 4 SECOND NEGATIVE ON EACH REP	
ROPE FACEPULL	3	15-20		10	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE CABLE CROSSOVER (HIGH)	3	15		9	0.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES 1 FOOT OVERHEAD	
A2. REVERSE CABLE CROSSOVER (MID)	3	+15		10	1.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES AT SHOULDER LEVEL, DECREASE WEIGHT AS NEEDED	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

WEEKLY FRONT DELT VOLUME = 10, WEEKLY SIDE DELT VOLUME = 19, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 47

# BLOCK 2 SHOULDERS HYPERTROPHY PROGRAM: WEEK 7

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	6	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	4	2	85%	8	3.0					TUCK GLUTES, PRESS UP AND BACK OVERHEAD, USE LIFTING BELT IF POSSIBLE	
LEAN-AWAY CABLE LATERAL RAISE	4	12-15		9	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. BANDED LATERAL RAISE	3	20		10	0.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
A2. BANDED FRONT "Y" RAISE	3	20		10	1.0					REACH FAILURE WITH THE LATERAL RAISE AND THEN DO Y RAISES, BEND KNEES TO DECREASE RESISTANCE AS NEEDED	
REVERSE PEC DECK	3	15-20		9	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
1-ARM DUMBBELL UPRIGHT ROW	3	8-10		9	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, INITIATE MOVEMENT "OUT" LIKE A LATERAL RAISE	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		9	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		9	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		9	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (SLOW ECCENTRIC)	3	12		9	1.0					PERFORM A CONTROLLED, 4 SECOND NEGATIVE ON EACH REP	
ROPE FACEPULL	3	15-20		10	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE CABLE CROSSOVER (HIGH)	3	15		9	0.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES 1 FOOT OVERHEAD	
A2. REVERSE CABLE CROSSOVER (MID)	3	+15		10	1.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES AT SHOULDER LEVEL, DECREASE WEIGHT AS NEEDED	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

WEEKLY FRONT DELT VOLUME = 10, WEEKLY SIDE DELT VOLUME = 19, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 47

# BLOCK 2

# SHOULDER HYPERTROPHY PROGRAM: WEEK 8

## SHOULDER DAY

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

DAY 1	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN, SHORT ROM	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	1	8-10	50%	5	2.0					WARM UP SET TO REHEARSE TECHNIQUE	
STANDING OVERHEAD BARBELL PRESS (WARM UP)	2	4-6	60-70%	6	2.0					WARM UP SET TO GET USED TO HEAVIER LOADING	
STANDING OVERHEAD BARBELL PRESS	1	AMRAP	90%	9.5	3.0					AS MANY REPS AS POSSIBLE (AMRAP)   DETERMINE NEW ESTIMATED 1RM	
LEAN-AWAY CABLE LATERAL RAISE	4	12-15		9	3.0					LEAN INTO DIRECTION OF THE RAISE, PULL CABLE BETWEEN YOUR LEGS OR BEHIND BACK	
A1. BANDED LATERAL RAISE	3	20		10	0.0					STAND IN THE MIDDLE OF A RESISTANCE BAND AND DO CONTROLLED LATERAL RAISES	
A2. BANDED FRONT "Y" RAISE	3	20		10	1.0					REACH FAILURE WITH THE LATERAL RAISE AND THEN DO Y RAISES, BEND KNEES TO DECREASE RESISTANCE AS NEEDED	
REVERSE PEC DECK	3	15-20		9	1.0					USE A PALMS DOWN GRIP AND INITIATE MOVEMENT WITH REAR DELTS, NOT TRAPS	

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROPE FACEPULL	3	12-15		7	1.0					USE UNDERHAND GRIP AND EXTERNALLY ROTATE THROUGHOUT ROM, SET UP CABLE AT MID-CHEST LEVEL	
1-ARM DUMBBELL UPRIGHT ROW	3	8-10		9	2.0					STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, INITIATE MOVEMENT "OUT" LIKE A LATERAL RAISE	
DUMBBELL LATERAL RAISE	3	12-15		10	1.0					BOTH ARMS AT ONCE, SLIGHT CHEATING ON THE LAST TWO REPS TO EXTEND THE SET	
A1. WIDE GRIP SEATED CABLE ROW	3	15-20		9	0.0					ESTABLISH A MIND MUSCLE CONNECTION WITH REAR DELTS	
A2. BENT OVER DUMBBELL REVERSE FLYE	3	15-20		9	1.0					DRIVE BACK OF HANDS "OUT AND BACK", LIGHTER WEIGHT AND SLOWER TEMPO	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
CABLE EXTERNAL ROTATION	2	12-15		7	0.5					AVOID FAILURE, KEEP ELBOW TUCKED IN	
STANDING DUMBBELL PRESS	3	10-12		9	2.0					PALMS FACE ONE ANOTHER AT BOTTOM, ROTATE TO FACE FORWARD THROUGHOUT ROM	
DUMBBELL LATERAL RAISE (SLOW ECCENTRIC)	3	12		9	1.0					PERFORM A CONTROLLED, 4 SECOND NEGATIVE ON EACH REP	
ROPE FACEPULL	3	15-20		10	1.0					OVERHAND GRIP AND SQUEEZE SHOULDER BLADES TOGETHER, SET UP CABLE 1 FOOT ABOVE EYE LEVEL AND PULL TO EYES	
A1. REVERSE CABLE CROSSOVER (HIGH)	3	15		9	0.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES 1 FOOT OVERHEAD	
A2. REVERSE CABLE CROSSOVER (MID)	3	+15		10	1.0					PERFORM CABLE REVERSE FLYES BOTH ARMS AT ONCE, SET UP CABLES AT SHOULDER LEVEL, DECREASE WEIGHT AS NEEDED	

TAKE THE FINAL SET OF EACH EXERCISE TO FAILURE

TOTAL TRAINING TIME:

WEEKLY FRONT DELT VOLUME = 7, WEEKLY SIDE DELT VOLUME = 19, WEEKLY REAR DELT VOLUME = 18, TOTAL DELT VOLUME = 44